



lee

william campbell
foundation

Foundation Newsletter
September 2018

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CEO's Message

And just like that, it's Spring!

Spring brings a warmth to change, challenges and adversity. It is fascinating how nature continually renews itself, and how we cannot help but learn from this process. Spring supports a time of reflection, and as I reflect on the past six months there has been a lot of changes that we have all had to work through, and the change process will continue over the next 12 months. I cannot help but feel a certain pride in the WCF team for what we have achieved so far.

I would like to take this moment to say thank you, to all staff across the agency and all of our wonderful carers for their patience, positivity and determination as we navigate through the new Permanency Support reform and the changes it has brought.

As you all know, this year WCF are celebrating Foster Care Week for our carers by hosting a morning tea in each of our 3 regions to be held in Kiama, Nowra and Ulladulla. You would have received an email invitation, and a mail invite will soon follow. It would be fantastic if you could all attend as Foster Care Week is a special time for all carers as it is a time for WCF to thank you and celebrate your achievements caring for the children and young people in your care.

In keeping with celebrating our carers, I would like to pass on some wonderful feedback that Tracie and I received at a recent FaCS meeting after seeing our ad on TV, featuring our carers Mick and Monique Bourke. We were asked if they were real actors and when we said they were our carers, they were so impressed and said we were very lucky to have them as WCF carers.

They also said the ad made them want to be a foster carer and that it was very heart felt. Thank you Mick and Monique for sharing your story and being such positive advocates for WCF. I am sure that the children and young people that you have cared for will one day sit around with their mates and say, "Remember Mick, Monique and the boys, how good were they".

Lastly, we have a number of exciting training sessions coming, which you will read about in this month's Foundation Newsletter. Training provides insightful and extensive knowledge into particular areas that will help support your foster care journey, and the children/young people in your care. They also act as a refresher if you have done a particular session in the past that has the latest up-to-date information and I would encourage you all to attend the sessions that are of particular interest to you for your learning journey.

Sonia Liddicoat,
CEO



Seasons change and
so do we.



- Unknown



Celebrating our carers!

in Kiama, Nowra and Ulladulla!



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1300 000 WCF wcfoundation.org.au

Join us for morning tea!

Kiama

Where: Silica, 72
Manning Street, Kiama

When: Wednesday
12th September 2018

Time: 10am - 12pm

Ulladulla

Where: Dunn Lewis Centre,
141 Vincent Street, Ulladulla

When: Thursday 13th
September 2018

Time: 10am - 12pm

Nowra

Where: Shoalhaven Entertainment Centre
42 Bridge Rd, Nowra

When: Friday 14th September 2018

Time: 10am - 12pm

This year we are celebrating Foster Care Week with a morning tea in each region. This gives all WCF carers the opportunity to attend and celebrate.

**Please RSVP by the 10th September 2018
by calling 1300 000 WCF**

Please advise any dietary requirements

Carer Conversation Corner

Debbie and Michael

Tell us your name and suburb you live in:

Debbie and Michael and we live in Nowra Hill.

How long have you been a carer?

3 years.

Why did you become a foster carer?

To make a difference in the lives of children who can't live with their birth family.

What type of care you provide?

Short term, emergency and respite care.

What are some of the best bits/good things about being a carer?

Seeing the smiles on children's faces and the joy they get being on our farm with all the animals.

What are some of the challenges?

Trying to get children to understand that they can be happy and there is hope for a happy life ahead of them.

Any hint/tips/advice about being a carer that may be useful for other carers (or things you wished you had known when you first started!)

Do it because it is so rewarding to make a difference in a child's life. If you are thinking about it and can offer a child some hope, just do it.

It's not always easy but there is always support and a light at the end of the tunnel. If you can make a small difference in a child's life, then it's all worthwhile.



Did you know?

LEARNER LOG BOOK RUN

DO YOU HAVE YOUR L's?

Want to get more hours for your log book?



An opportunity for you and your supervisor to experience a variety of driving conditions to increase safe driver behaviour.

All learner drivers must have 40 or more log book hours

Bookings are essential. Please contact Council for a suitable workshop. See overleaf for contact details.

2018	17	July	6.00pm – 8.30pm	☾	Shellharbour & Kiama
	12	August	9.30am – 12.00 noon		Wollongong
	30	September	10.00am – 12.30pm		Shellharbour & Kiama
	25	November	9.30am – 12.00 noon		Wollongong
2019	24	March	Ultimate Learner Log Book Run 8.30am – 2.30pm <i>(Special event)</i>		Shellharbour, Kiama & Wollongong
	9	April	6.00pm – 8.30pm	☾	Shellharbour & Kiama
	5	May	9.30am – 12.00 noon		Wollongong
	2	June	10.00am – 12.30pm		Shellharbour & Kiama

☾ night run



LEARN SAFE

Free 2HR workshop for parents and supervisors of learner drivers. Accompanied learner drivers welcome.

Workshops are held by Wollongong City, Shellharbour City and Kiama councils.

To help you with practical advice about:

- Supervising learner drivers
- Completing the learner driver log book
- Providing on road driver practise
- L & P Plate licence laws

Workshops are held from 6pm – 8pm
 Bookings are essential
 Please contact Council for a suitable workshop

Wollongong
 4227 7111
rso@wollongong.nsw.gov.au

Shellharbour
 4221 6124
jenny.davies@shellharbour.nsw.gov.au
 Book online: www.shellharbour.nsw.gov.au/youngdrivers

Kiama
 4232 0444
council@kiama.nsw.gov.au

2018	30 July	Shellharbour
	15 August	Kiama
	11 September	Wollongong
	5 November	Shellharbour
	11 December	Wollongong

2019	11 February	Shellharbour
	12 March	Wollongong
	17 April	Kiama
	27 May	Shellharbour
	4 June	Wollongong



FREE ONLINE TRAINING

SMART Online Training

The SMART (Strategies for Managing Abuse Related Trauma) Program is an online learning course that focuses on supporting children and young people in a range of educational and other settings. The course is free and can be completed at your own pace. To access this free training go:

<https://professionals.childhood.org.au/smart-online-training>

MENU DONATE SHOP BROADER COMMUNITY →

International Childhood Trauma Conference
The 2018 Conference will be held from the 29th July - 3rd of August at the Melbourne Convention Centre.
Learn More →

The Professional Community Network > SMART Online Training > SMART Online Training ▾

SMART Online Training
The SMART (Strategies for Managing Abuse Related Trauma) Program is an online learning course that focusses on supporting children and young people in a range of educational and other settings. The course is free and can be completed at your own pace. Click on the icon to the right to get started.

SMART Online
Click Here →

What is the SMART Program?

The SMART program is a statewide initiative funded by the South Australian Government Department for Education, as part of the Keeping Them Safe child protection reform agenda. It seeks to enhance the capacity of school and early childhood personnel to effectively respond to the needs of children and young people who have experienced abuse and trauma.

Effective intervention and protection of children and young people relies upon a sound understanding of the impact of abuse-related trauma, comprehensive risk assessment frameworks based on current research and an ability to implement support plans for children and young people that not only reduce the risk they are exposed to but also promote their recovery from the harm they have experienced. Risk and safety assessments need to be integrated into practice at every stage of intervention with a child or young person.

Carer 'Coffee & Chat' Mornings

Last Tuesday of every month

This group is open to carers from all agencies and is an opportunity to get together, meet other carers, share stories, engage in informal mentoring and support and share information that might be relevant to your foster carer journey.

Children are welcome to attend with their carers. There is a great play area where carers can supervise children.

The group meets from 10.30am – 12.30pm at the café inside the Shellharbour Club, Cnr of Wattle and Shellharbour Rds, Shellharbour

Contact: Julie on 0411 409 850

teen clinic Your clinic

Our clinic can help young people with general health, contraception advice, mental health issues, relationship concerns, health education, homelessness, STI screening and more....

at Kiama Medical Practice opposite surf beach, 83 Manning St, Kiama.

Mondays 2pm to 5pm

Thursdays 2pm to 5pm

No appointment needed

- Confidential
- Free of charge

Visit our website and download the 'Teen Clinic' app

WCF Fo

Don't forget to renew your Working with Children Check!

the working with children check ★

<https://www.kidsguardian.nsw.gov.au>
and follow the prompts to renew

Clinical Services Update

Su Fallon

Hello readers,

The clinical team are excited about some new initiatives, some on the horizon are 'cyber safety day' and 'healthy relationships day'. These are currently in development, with more information to follow. We have also linked to a "Farming for Calm" Program at the Taste of Paradise Farm in Berry. This provides an opportunity to learn emotion regulation skills, develop social skills, develop communication and relationship skills, and learn how to participate and engage in group activities, and leadership skills. Young people interact with a variety of large and small animals and engage in sensory rich therapeutic activities such as art, music, sporting games and mindfulness.

Over the next two months we are holding carer training for ARC, our therapeutic model of care. The first session was held in Ulladulla during August, it was a great day and all participants provided positive feedback. Carer ARC training will be run in Dapto on the 19th September, and Bomaderry on 17th October. I look forward to seeing all Carers come and enjoy a relaxed day of learning, presented by myself and the Clinicians. ARC is the therapeutic framework in which we base our interventions and decisions, it is a collaborative approach with Carers and Young People, so please come along and see what it is all about! Please contact our training co-ordinator Kristi Barrett k.barrett@wcfoundation.org.au for more details or to RSVP.

Last, but not least, I'd like to welcome Jordan Stragalinos to the clinical team as a student placement. Jordan is completing her 4th year in a Social Work Masters degree and will be working across Bomaderry and Warilla regions. Jordan will be with us for most of the remainder of the year – welcome Jordan!

Su Fallon
Clinical Services Manager

Farming for Calm Program

The Farming for Calm Program is a ten session therapeutic program for primary school aged children in OOHC. The program is facilitated at 'A Taste of Paradise Farm' located at Berry NSW during school terms. During the program children and young people have the opportunity to learn emotion regulation skills, develop their social skills, develop communication and relationship skills, and learn how to participate and engage in group activities.

Children can be referred to this program through the OOHC caseworkers and managers. Following a discussion with the carers, caseworkers can complete the psychology and social worker referral form and submit it through to the PS&M team.

WCF are proud to be facilitating this program in partnership with the South Coast Medical Service Aboriginal Corporation!



**My Forever
Family NSW**
Nurture Belonging

For carers to register please contact
My Forever Family on 1300 782 975 or
enquiries@myforeverfamily.org.au



10/09

Wollongong – Caring for a substance exposed infant

Location: Wollongong NSW

Time: 10th and 11th September 2018 at 10am – 2pm

This is a 2 day workshop providing information regarding caring for infants and children with a history of substance exposure. The first day covers what happens during pregnancy, managing withdrawal symptoms and the first 12 months. The second day details the possible long-term consequences and strategies to manage these.

Contact our Carer Support Team to register for this free event on 1300782 975 or enquiries@myforeverfamily.org.au

MY FOREVER FAMILY NSW is a program operated by Adopt Change Limited, funded by the NSW Department of Family and Community Services



**My Forever
Family NSW**
Nurture Belonging

For carers to register please contact
My Forever Family on 1300 782 975 or
enquiries@myforeverfamily.org.au



18/10

Nowra - RCU & JIRT

Location: Nowra NSW

Time: 18th October 2018 at 10am

What happens if an allegation of reportable conduct is made against a carer?
Topics discussed in this training session will include, what reportable conduct is, legislations and requirements, FACS Reportable Conduct Unit, the purpose of investigations, what happens during an investigation and procedures AS well as, what JIRT is and its history, reporting processes and the JRU and JIRT criteria

Contact our Carer Support Team to register for this free event on 1300782 975 or enquiries@myforeverfamily.org.au

MY FOREVER FAMILY NSW is a program operated by Adopt Change Limited, funded by the NSW Department of Family and Community Services

Recent Carer Training

TCI Training



During the last week of August, WCF conducted the Therapeutic Crisis Intervention (TCI) training for staff and carers. This is a three day training where participants learnt how to:

- Pro-actively prevent and/or de-escalate a potential crisis situation with a child or young person
- Manage a crisis situation in a therapeutic manner
- Process the crisis event with children and young people to help improve their coping strategies

WCF are committed to providing relevant and useful training to all staff and carers! We look forward to bringing you feedback on this training in the next month's edition!

Upcoming training for WCF Carers!

ARC Training - 19th September 2018

ARC Training - 17th October 2018

Shared Lives Training - 20th, 22nd October and 3rd November 2018

Restricted Practices - 19th November 2018

Reportable Conduct - TBA

Keep a look out for emails about upcoming training!

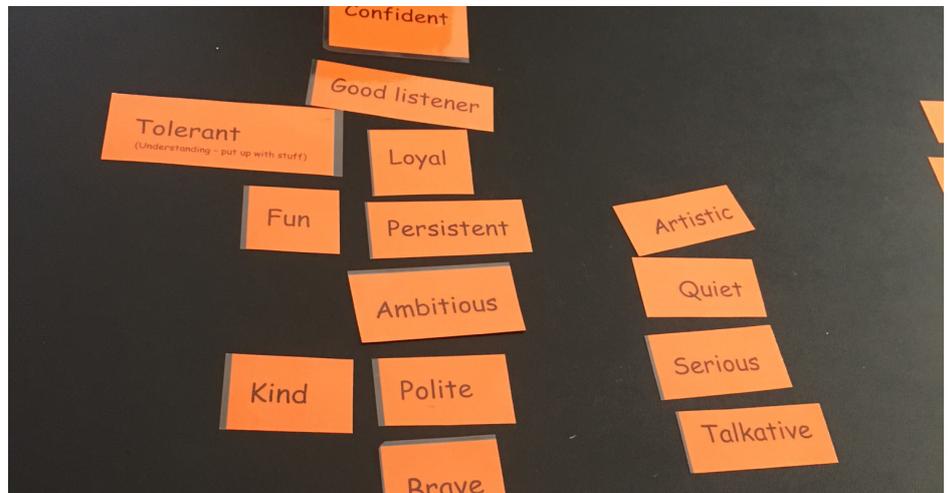
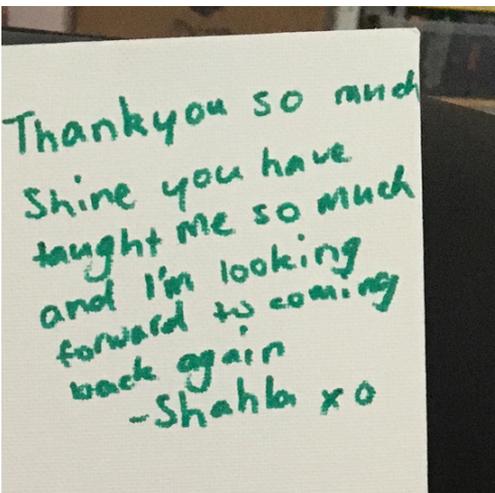
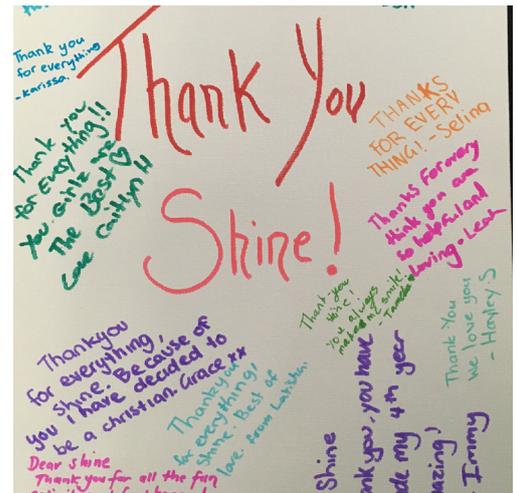
CHAPLAIN'S CORNER

Rachael Riddington

Shine Camp

WCF was honoured to have the SHINE ladies from Albion Park come and run another amazing SHINE camp! Every year, the SHINE ladies bring something fresh and encouraging for our girls. Every girl walked away having discovered a new sense of worth, strength and purpose in their lives.

We really want to thank the SHINE ladies for the time and effort they put into planning these camps and making them something special and memorable for our girls. We are blessed beyond words to have the SHINE ladies and for the impartation of hope and inspiration that they instil in all of us. Thank you SHINE for bringing the light of Jesus and God's love to us!



Prayer Meeting

87 Terry St, Albion Park

This will commence on

Monday, 10 September at 8am

and run fortnightly from there on

All are welcome to come and pray for our children
and young people!

For more information please contact:

Rachael Riddington
William Campbell Foundation Chaplain

0488 524 168



Family Fun Day

FREE Event for Children & Families

Come along to our free event in celebration of Child Protection Week. The day is a great opportunity for kids to play, learn, read and families to get more information on local agencies and the services they provide. We have fun activities, entertainment, lucky door prizes and visits from special guests Bright Spark & Billyback Pack!

Thursday 6 September 2018

10am - 12pm

Corrimal - Stockland Corrimal (270 Princes Hwy, Corrimal)

Warrawong - Warrawong Plaza (King St & Cowper St, Warrawong)

East Nowra - Cullunghutti Aboriginal Child & Family Centre
(Holloway Rd East Nowra)



LIKE US ON FACEBOOK
UNITING FOR CHILDREN & FAMILIES

Keeping Kin Connected

Celebrating
10 years

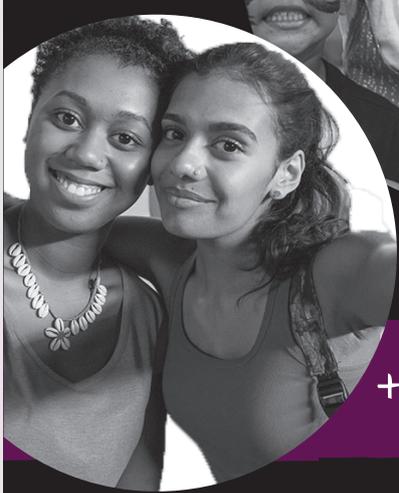
11th October 2018

Nowra Showground 10am - 2pm

Entertainment, family fun activities including basket weaving, hairspray, make a stress ball, drum program, photobooth, cooking, AFL and soccer, free lunch and much more!

10.30am - Welcome

+ special guests!





BUNNINGS
warehouse

WCF will be at Nowra Bunnings!

**Nowra Bunnings, Saturday 8th
October 2018 from 9am!**

Come down and get your sausage sizzle!

See you there!

What's on

Shoalhaven Open Mic: Battle of the Bands!

Friday 7th September, 7.30pm
Shoalhaven Entertainment Centre

The best local bands get ready to battle it out! It's a great night out so if you're not a performer but love live music then grab a group of friends and support local talent.

Prices:

Contestant Entry: FREE

Member/Group 8+/U30: \$12

Adult: \$15

For more information: http://shoalhavenentertainment.com.au/live/shoalhaven_open_mic_battle_of_the_bands

Dog Day 2018

September 15, 12pm - 4pm
North Gong Hotel

The Illawarra's best day for dogs returns for 2018! Proudly brought to you by Pound Paws and North Wollongong Hotel

Celebrate dog rescue with a whole heap of tail-wagging activities.

For more information:

<https://www.facebook.com/events/1380473048765827/>



WCF Foster Carers Morning Tea - Celebrating our Carers!

Kiama

Where: Silica, 72 Manning Street, Kiama

When: Wednesday
12th September 2018

Time: 10am - 12pm

Ulladulla

Where: Dunn Lewis Centre,
141 Vincent Street, Ulladulla

When: Thursday 13th
September 2018

Time: 10am - 12pm

Nowra

Where: Shoalhaven Entertainment
Centre
42 Bridge Rd, Nowra

When: Friday 14th September 2018

Time: 10am - 12pm

**Please RSVP by the 10th September 2018
by calling 1300 000 WCF**

Please advise any dietary requirements

LET'S COOK! SPRING FAVOURITES!

Cajun Chicken with spicy tomato salsa!

Ingredients:

- 600g kent pumpkin, unpeeled, cut into small wedges
- 2 zucchini, thickly sliced diagonally
- 2 tablespoons extra virgin olive oil
- 3 teaspoons Cajun seasoning
- 6 skinless chicken thigh fillets, trimmed, halved
- 2 teaspoons chopped fresh thyme leaves
- Salad leaves, to serve
- Lime wedges, to serve

SPICY TOMATO SALSA

- 1 tablespoon extra virgin olive oil
- 1/2 brown onion, finely chopped
- 1 garlic clove, crushed
- 2 ripe tomatoes, chopped
- 1 long red chilli, thinly sliced
- 1 teaspoon brown sugar
- 1/4 teaspoon smoked paprika

Method:

1. Make Spicy Tomato Salsa: Heat oil in a small saucepan over medium heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic. Cook, stirring, for 1 minute or until fragrant. Add tomato, chilli, sugar and paprika. Bring to the boil. Reduce heat to low. Simmer, covered, for 10 minutes. Remove lid. Simmer for a further 5 minutes or until salsa is thick. Set aside for 10 minutes to cool.
2. Meanwhile, place pumpkin on a microwave-safe plate lined with paper towel. Cover with a piece of paper towel. Microwave on HIGH (100%) for 3 minutes or until just tender. Place pumpkin, zucchini and 1/2 the oil in a large bowl. Toss to coat vegetables. Season with salt and pepper.
3. Combine Cajun seasoning and remaining oil in a bowl. Add chicken. Toss to coat. Heat a barbecue hotplate or grill on medium-high heat. Cook chicken for 4 to 5 minutes each side or until browned and cooked through. Transfer to a plate. Cover loosely with foil to keep warm.
4. Cook vegetables, turning, for 5 minutes or until golden and tender. Return to bowl. Add thyme. Toss to coat. Serve chicken and vegetables with salsa, salad leaves and lime wedges.

For more great easy recipes
visit taste.com.au



LET'S BAKE! SPRING FAVOURITES!

Marshmallow Cupcakes! A family favourite!

Ingredients:

- 125g butter
- 140g (2/3 cup) caster sugar
- 2 teaspoons vanilla essence
- 2 eggs
- 150g (1 cup) self-raising flour, sifted
- 50g (1/3 cup) plain flour, sifted
- 80ml (1/3 cup) milk
- 105g (1/3 cup) raspberry jam
- 125ml (1/2 cup) water
- 5 teaspoons gelatine powder
- 140g (2/3 cup) caster sugar, extra
- 80ml (1/3 cup) liquid glucose
- 1 teaspoon vanilla essence, extra
- 1-2 drops of pink food colouring
- 1-2 tablespoons desiccated coconut

Method:

1. Preheat oven to 180°C. Line ten 80ml (1/3-cup) capacity muffin pans with paper cases. Use an electric beater to beat the butter and sugar in a bowl until pale and creamy. Beat in vanilla. Add eggs, 1 at a time, beating well after each addition.
2. Transfer the mixture to a large bowl. Use a large metal spoon to fold in the combined flour and milk, in alternating batches, until just smooth. Divide among prepared pans. Bake for 20-25 minutes or until golden. Set aside to cool completely.
3. Cut a small hole in the top of each cake. Fill with a spoonful of jam.
4. Meanwhile, stir the water and gelatine in a saucepan over low heat until gelatine dissolves. Add the extra sugar. Stir for 3-5 minutes or until sugar dissolves. Stir in the glucose. Set aside to cool slightly. Transfer to a bowl. Use an electric beater to beat for 5-10 minutes or until soft peaks form. Beat in the extra vanilla and food colouring.
5. Spoon marshmallow into a piping bag fitted with a fluted nozzle. Pipe onto the cakes. Sprinkle with coconut. Set aside to set.



Frequently Asked Questions

Why did the Home Visit template change?

As you will see, each area prompts what caseworkers need to talk with children, young people and carers about to ensure that we have detailed information about all aspects of the lives of children and young people. This will assist caseworkers in developing case plans and that children and young people are receiving the most appropriate support. It includes a discussion about ARC and how the framework is supporting carers in their role in providing care to children and young people who have been exposed to trauma.

Do you need to be a Christian to work/be a Foster Carer with WCF?

No, WCF is a Christian agency and it is important that you are comfortable with the Christian ethos that is embodied in our organisations values - Compassionate, Christianity, Accountability, Respect, Reflection, Stability.

What are the NSW Child Safe Standards for Permanent Care?

At WCF, as with all agencies that support children, Foster Carers and staff, we are governed by the NSW Child Safe Standards for Permanent Care. These 23 standards of care are designed to help children and young people meet their full potential and are provided and overseen by the NSW Office of the Children's Guardian.

The standards provide guidance to agencies in areas including, but not limited to, Children's Rights, Child Protection and Safety, Health, Education and Independent Living. They also guide agencies in casework practices, monitoring placements and record keeping, as well as the recruitment, selection and training of Staff and Carers. For more information, or if you are interested in reading the Standards, please visit the NSW Office of the Children's Guardian website kidsguardian.nsw.gov.au

THANK YOU

To all WCF staff and carers who make this newsletter possible. Every month staff and carers send in various events, resources, information, stories and photos that help build the Foundation Newsletter.

A special thank you this month to Alicia P, Jade, Rachael, Hollea, Sonia , Su, Tracie and Kristi.

If you would like to contribute to the newsletter please email h.elley@wcfoundation.org.au.

Emergency and After Hours contact

In an emergency situation

- Seek appropriate help immediately (Ambulance, Police or Fire Brigade)
- Contact WCF as soon as practicable
- If you are contacted by the police please refer them immediately to WCF Case Manager or on-call Caseworker and they will ensure that you have support and assistance as soon as possible

Head Office:

PO Box 3035, Minnamurra NSW 2533

P: 02 4237 5566 E: headoffice@wcfoundation.org.au

Bomaderry Office:

281A Princes Hwy, Bomaderry NSW 2541

Emergency After Hours: 1300 000 WCF

Warilla Office:

Suite 1, 8 Commerce Drive, Warilla NSW 2528

Emergency After Hours: 1300 000 WCF

Ulladulla Office:

Office 26, 44 Deering Street, Ulladulla NSW 2539

Emergency After Hours: 1300 000 WCF

A stylized, cursive signature in a teal color, appearing to read 'wcf'.

**william campbell
foundation**

1300 000 WCF
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